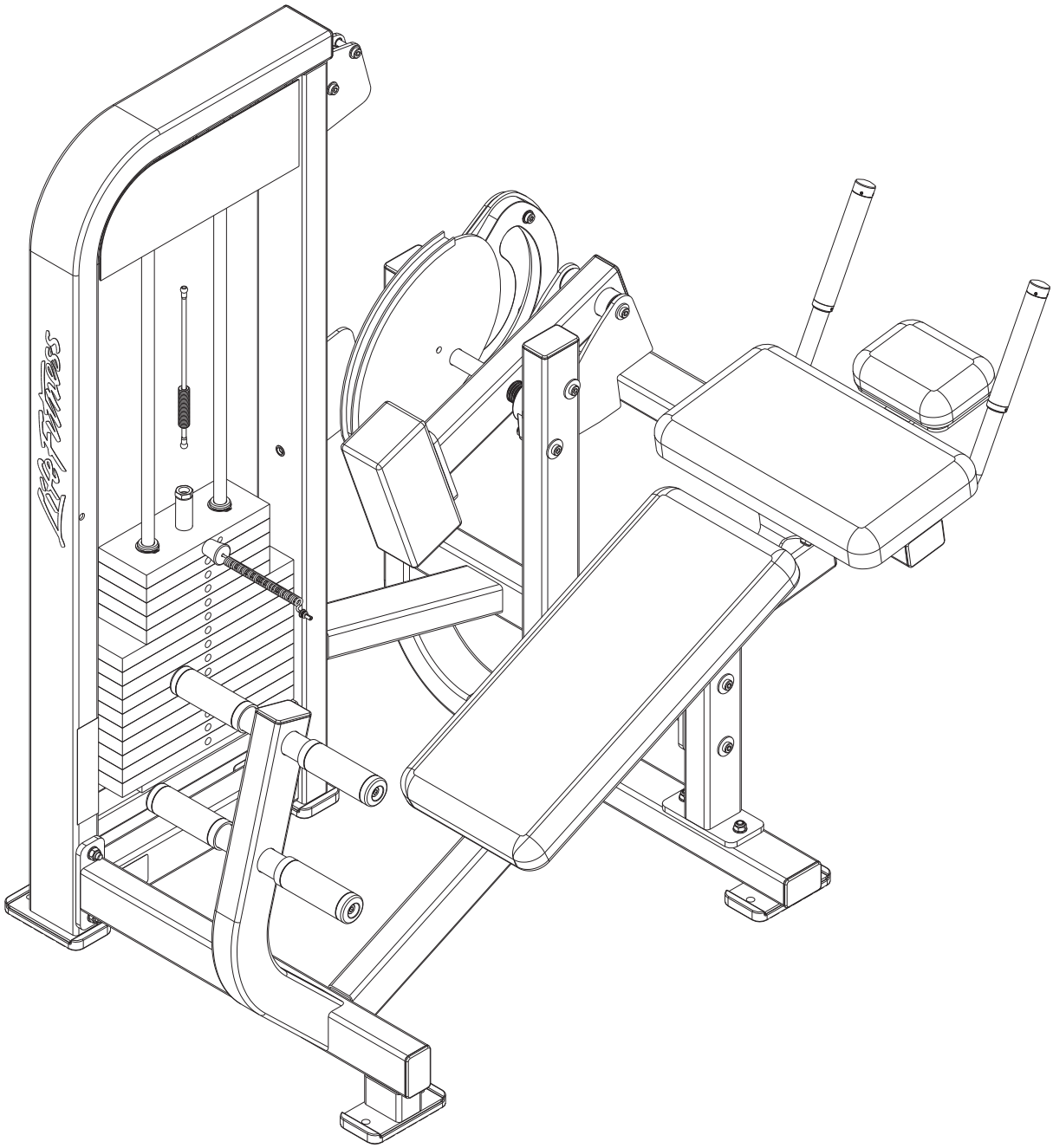
PRO 2 SERIES
PSABCSE ABDOMINAL CRUNCH

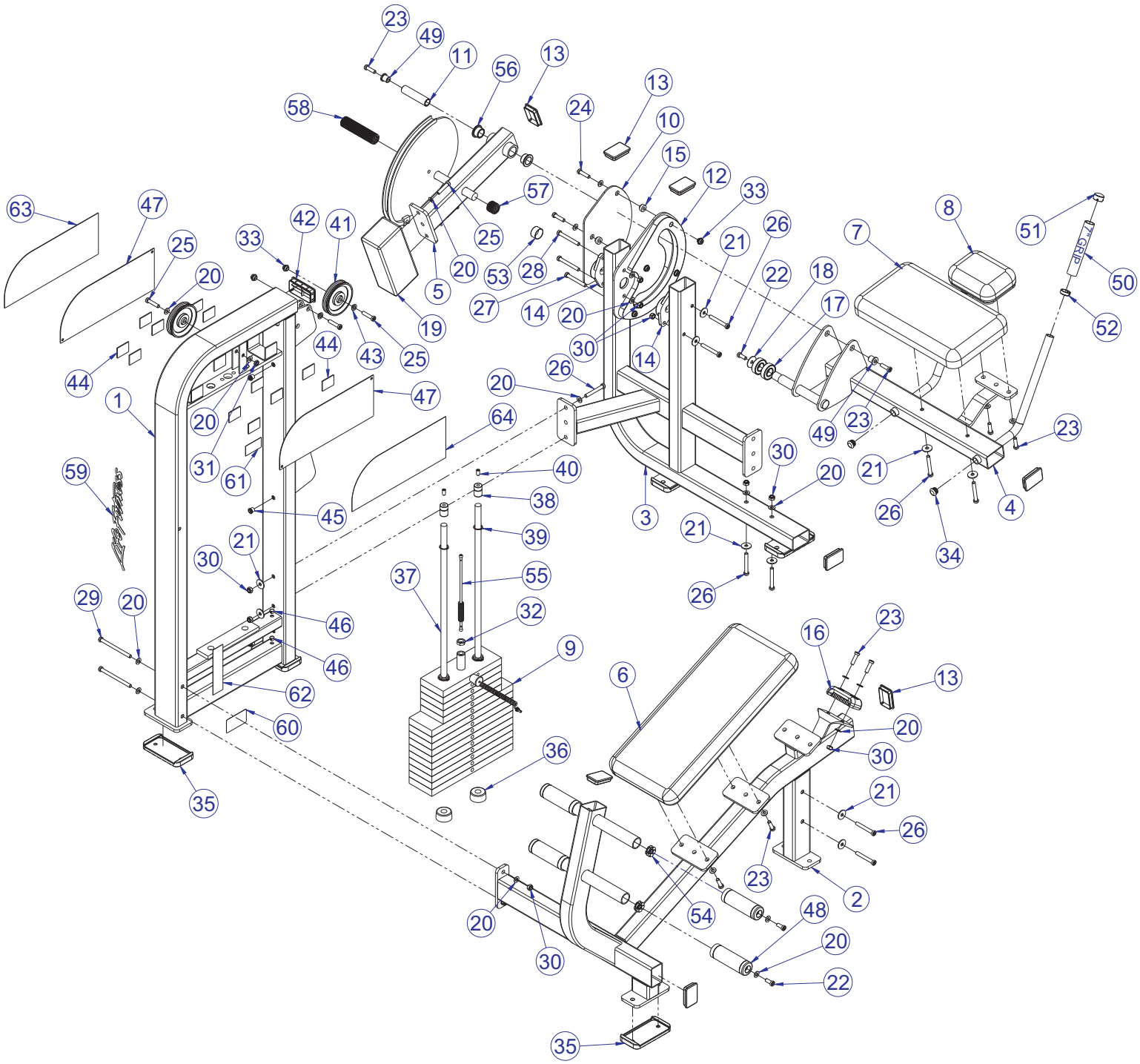


Customer Support Services
PARTS MANUAL

PSABCSE ABDOMINAL CRUNCH
CONTENTS

COMPONENT ASSEMBLY	3
COMPONENT ASSEMBLY LEGEND	4
WEIGHT STACK ASSEMBLY	5
WEIGHT STACK ASSEMBLY LEGEND	6
5LB INCREMENT WEIGHT ASSEMBLY	7
INCREMENT WEIGHT ASSEMBLY WITH STRIKER	8
REAR SHROUD KIT	9
OPTIONAL FULL SHROUD KIT	10
OPTIONAL FULL SHROUD KIT LEGEND	11
IMAGE	12

PSABCSE ABDOMINAL CRUNCH COMPONENT ASSEMBLY



SEE PAGE 4 FOR LEGEND

PSABCSE ABDOMINAL CRUNCH
COMPONENT ASSEMBLY LEGEND

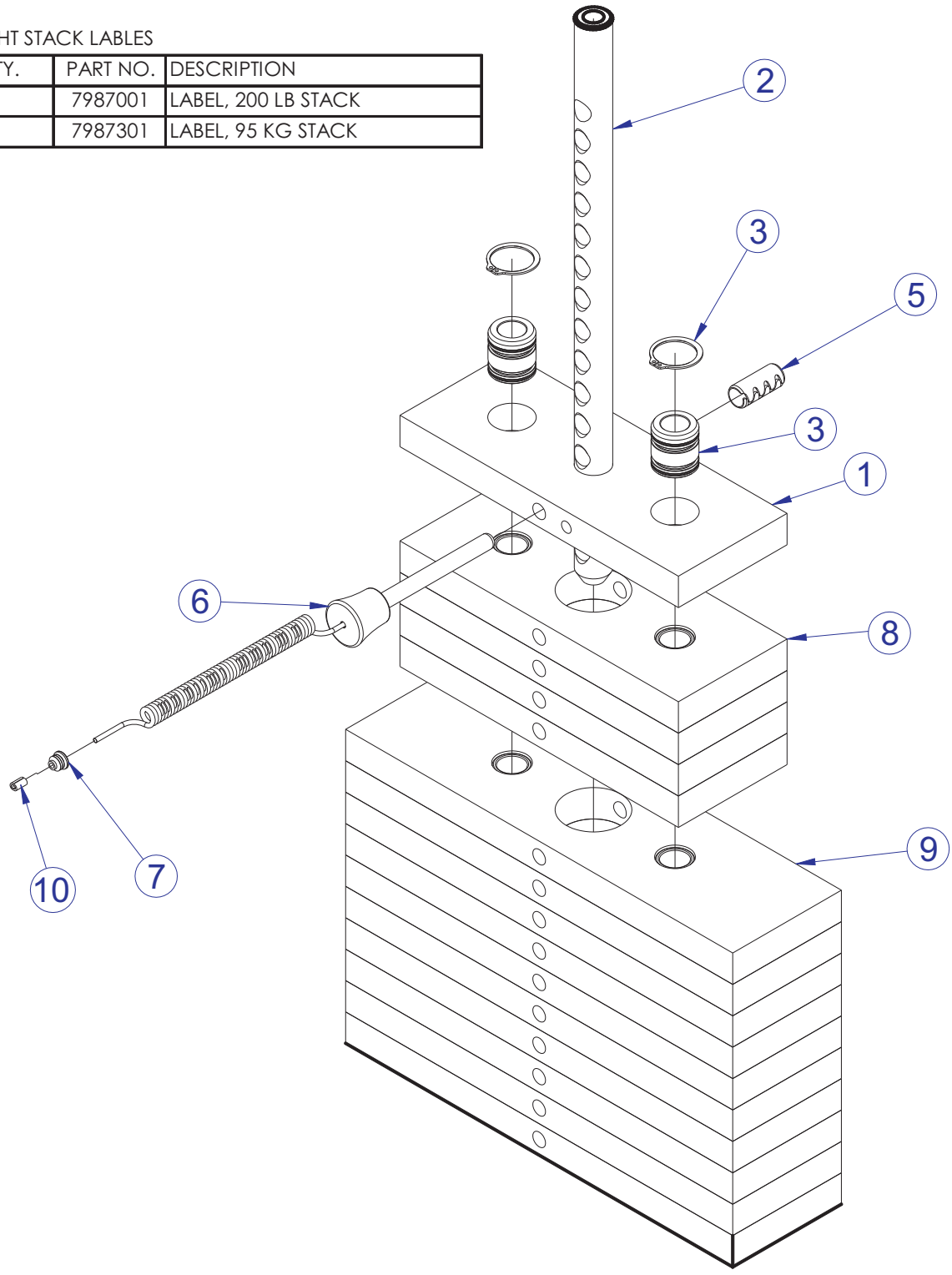
ITEM NO.	QTY.	PART NO.	DESCRIPTION
1	1	8227601	WLDMT, PSABC WEIGHT STACK
2	1	8223201	WLDMT, PSABC BACK SUPT
3	1	8226401	WLDMT, PSABC REAR FRAME
4	1	8223901	WLDMT, PSABC WORK ARM
5	1	8224401	WLDMT, PSABC CAM
6	1	73988XX	PAD, BACK 25 X 11-1/4
7	1	72973XX	PAD, ASSY 18 X 10
8	1	75630XX	PAD, 8 X 6
9	1	7353401	ASSY, 200LB STACK
10	1	8228201	SHROUD, PSABC CAM
11	1	7764302	SHAFT, TAPPED 1 DIA X 4.125
12	1	7763401	CAM, FOLLOWER FZAB
13	9	7352301	CAP, END 2 X 3
14	2	3237701	ASSY, PILLOW BLOCK 4.88 X 2.75
15	3	7385201	SPACER, .406 X .750 X .250
16	1	7352001	BUMPER, 2-1/8 X 4-5/8
17	2	3235601	BEARING, 6205 BALL
18	1	3236701	WASHER, FENDER 3/8"IDX1.5" OD SS
19	1	7802501	WEIGHT, COUNTER LG
20	34	3236601	WASHER, 3/8 SAE SS
21	10	3236602	WASHER, 3/8 ID X 1.25 OD SS
22	5	3236202	SCREW, M10 X1.5 25MM
23	10	3236204	SCREW, M10 X1.5 35MM
24	3	3236205	SCREW, M10 X1.5 40MM
25	5	3236206	SCREW, M10 X1.5 45MM
26	10	3236212	SCREW, M10 X1.5 75MM
27	1	3236213	SCREW, M10 X1.5 80MM
28	2	3236214	SCREW, M10 X1.5 85MM
29	2	3236220	SCREW, M10 X1.5 130MM
30	14	3236801	NUT, M10 HEX NYLOCK SS
31	1	3236901	NUT, M10 X 1.5 JAM
32	1	3236902	NUT, M16 X 2 HEX JAM SS

ITEM NO.	QTY.	PART NO.	DESCRIPTION
33	6	7335401	NUT, M10 X 1.5 SOCKET HEAD
34	2	3119304	CAP, END 1.00 DIA RD 10-12 GA
35	5	7388201	FOOTPAD, PS RUBBER
36	2	7352101	CUSHION, WEIGHT STACK
37	2	7328610	GUIDE ROD, .75 OD SOLID 39.75
38	2	7402301	RETAINER, GUIDEROD
39	2	3232421	RING, BRE .940, 5100-100 ST PP B
40	2	3240501	M10 X 1.5 HXS NO CUP ST BO
41	2	3237801	PULLEY, 4.5" OD
42	1	7352401	CAP, END 2 X 4
43	2	7348101	WASHER, SPACER
44	12	7544202	PAD, DUAL LOCK 250 1.5" X 2.0"
45	6	3238101	NUT, BLIND INSERT M10 X 1.5
46	4	3237401	PLUG, 7/16" HOLE
47	2	7606602	COVER, STACK-PRO2 STD
48	4	7800101	GRIP, 1.50 ID FOOT
49	2	7764401	SPACER, FLANGE
50	2	3235801	GRIP, 1.00 ID X .125 X 7
51	2	7662901	CAP, GRIP 1.25 OD
52	2	7662801	RING, GRIP 1.25 OD
53	1	3244901	CAP, END, 1.187"X.750"RD, BLK VINYL
54	4	7347301	NUT, SPIDER M10 X 1.5
55	1	7423725	CABLE, PSABC 71-1/2
56	2	3104903	1.00" ID 1.25" OD BRONZ BUSHING
57	1	6912807	SLEEVE, ACCRDN 1.0 ID X 1
58	1	6912805	SLEEVE, ACCRDN 1.0 ID X 5.5
59	1	7348001	LABEL, LIFE FITNESS LOGO
60	1	7571301	LABEL, SERIAL NUMBER
61	1	7422003	LABEL, MOVING PARTS
62	1	7422004	LABEL, 2" ASTM WARN
63	1	8287801	LABEL, PSABC LOGO PANEL
64	1	8287701	LABEL, PSABC PLACARD

PSABCSE ABDOMINAL CRUNCH
WEIGHT STACK ASSEMBLY - 7353401

WEIGHT STACK LABLES

QTY.	PART NO.	DESCRIPTION
1	7987001	LABEL, 200 LB STACK
1	7987301	LABEL, 95 KG STACK

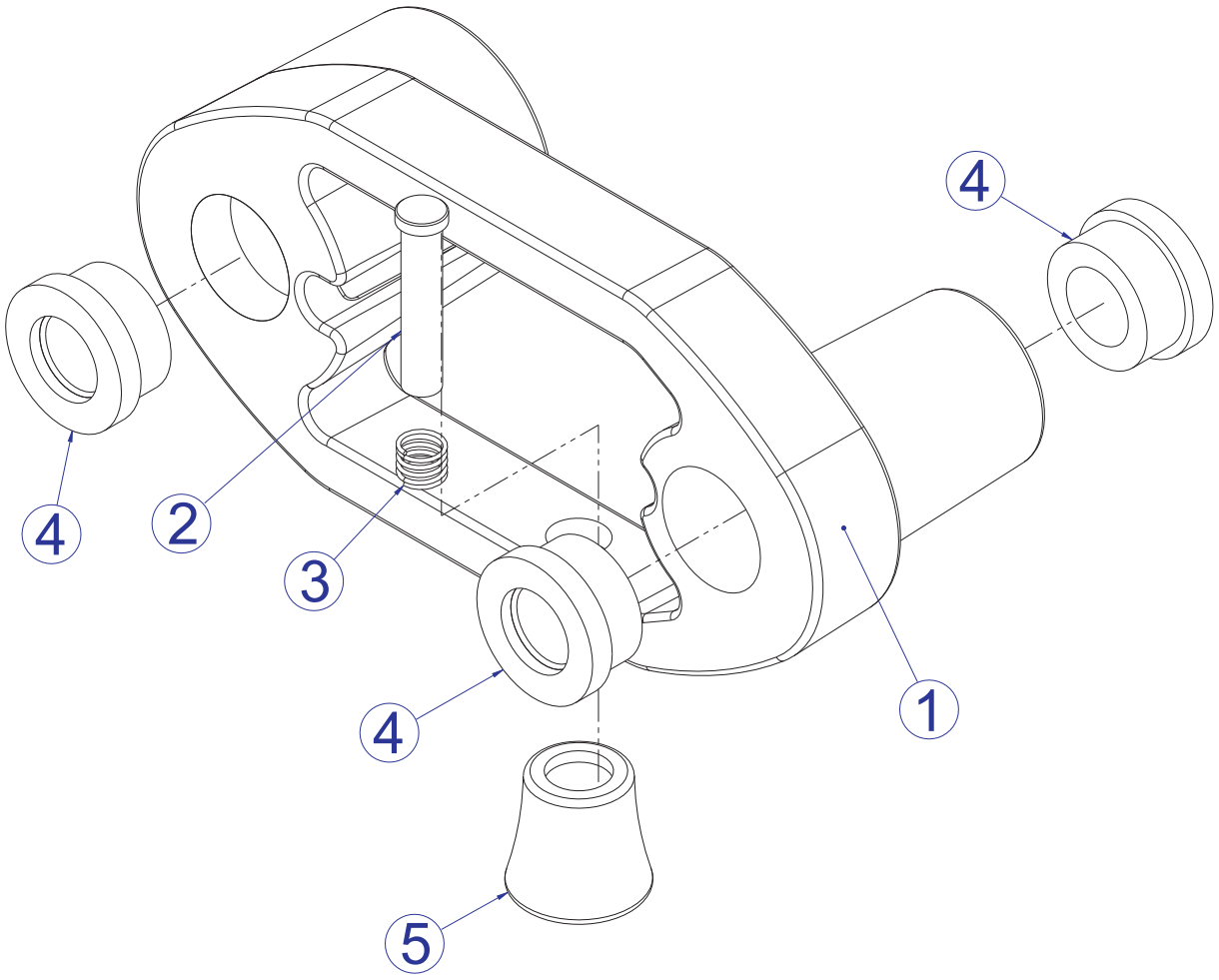


SEE PAGE 6 FOR LEGEND

PSABCSE ABDOMINAL CRUNCH
WEIGHT STACK ASSEMBLY LEGEND

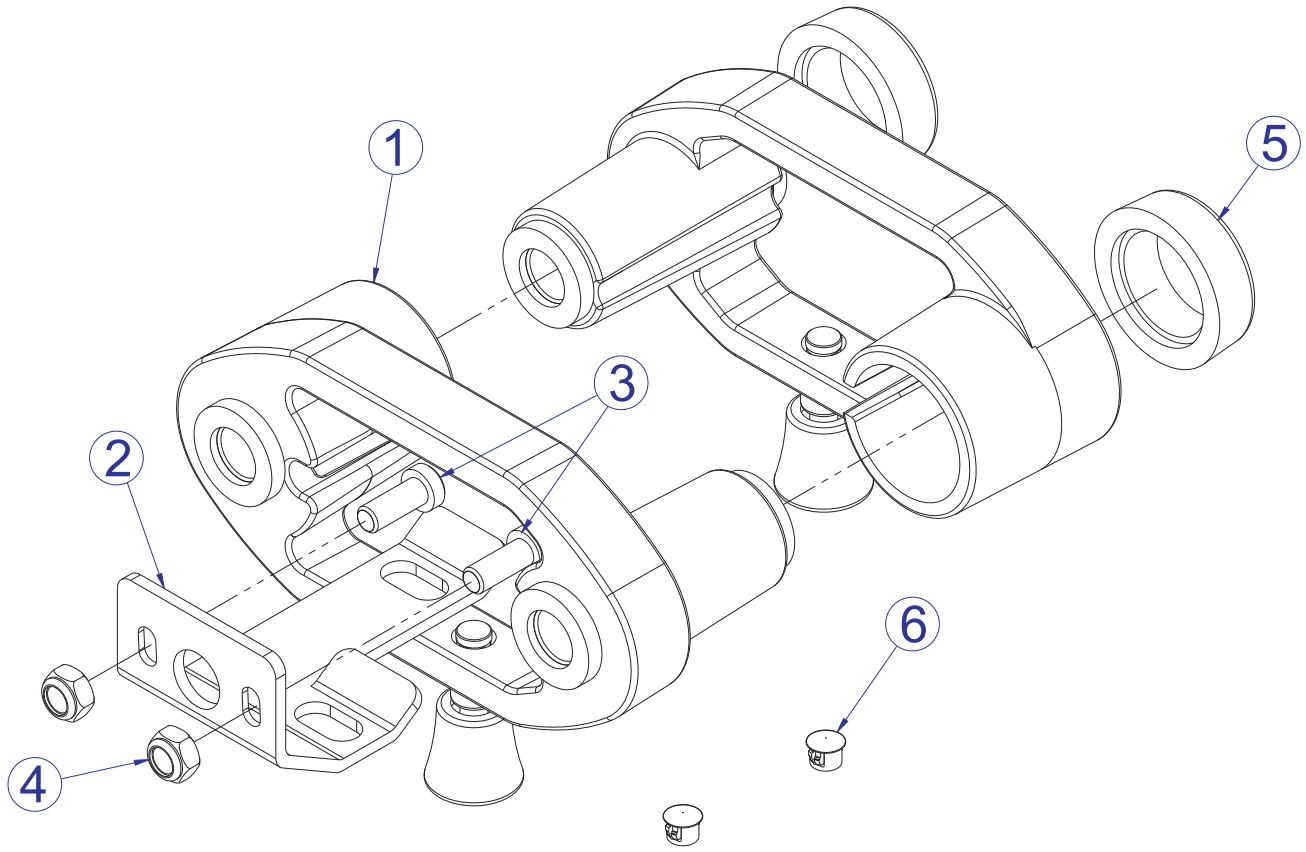
ITEM NO.	QTY.	PART NO.	DESCRIPTION
1	1	7353901	HEADPLATE, WT. STACK
2	1	7352601	BAYONET, 14 PLATE
3	2	7338001	BUSHING, HEADPLATE
5	1	3236001	BUSHING, SPRING PIN
6	1	7353001	ASSY, SELECTOR PIN
7	1	7356501	PLUG, LANYARD ATTACHMENT
8	4	7353701	ASSY, 10 LB PLATE
9	10	7353801	ASSY, 15 LB PLATE
10	1	7523601	CRIMP, CABLE

PSABCSE ABDOMINAL CRUNCH
5LB. INCREMENT WEIGHT ASSY. - 7446501



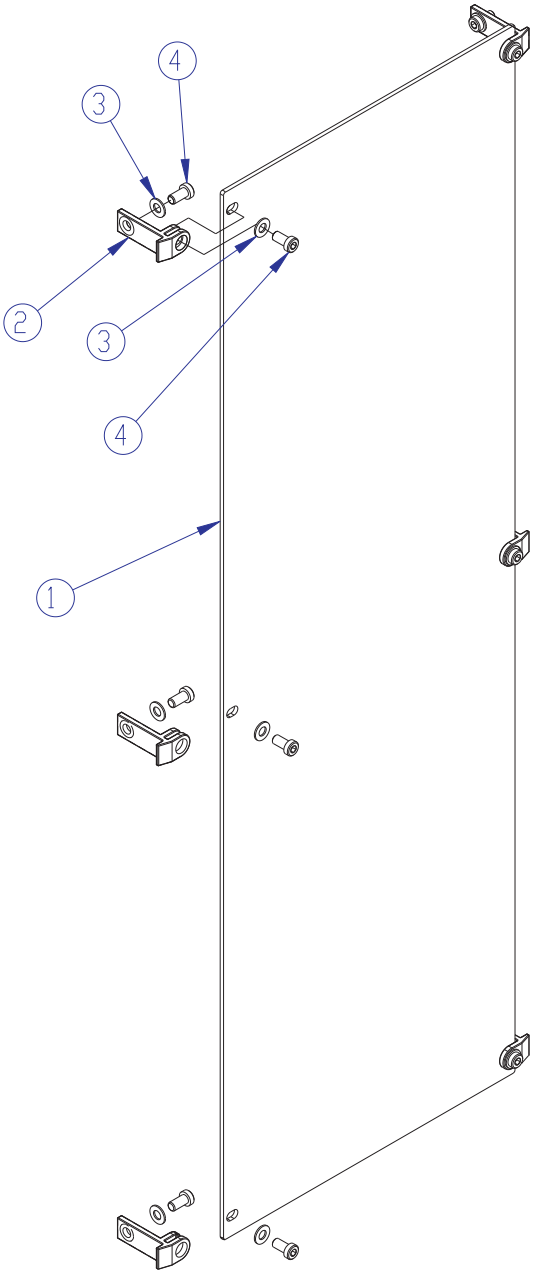
ITEM NO	QTY	PART NO	DESCRIPTION
1	1	7446602	BODY, 5LB INCREMENT WEIGHT
2	1	7446901	PIN, RETAINING
3	1	7447001	SPRING, COMPRESSION
4	3	7560001	BUSHING, MTS, INC WEIGHT
5	1	7351401	KNOB, TULIP STYLE

PSABCSE ABDOMINAL CRUNCH
INCREMENT WEIGHT WITH STRIKER - 7415101



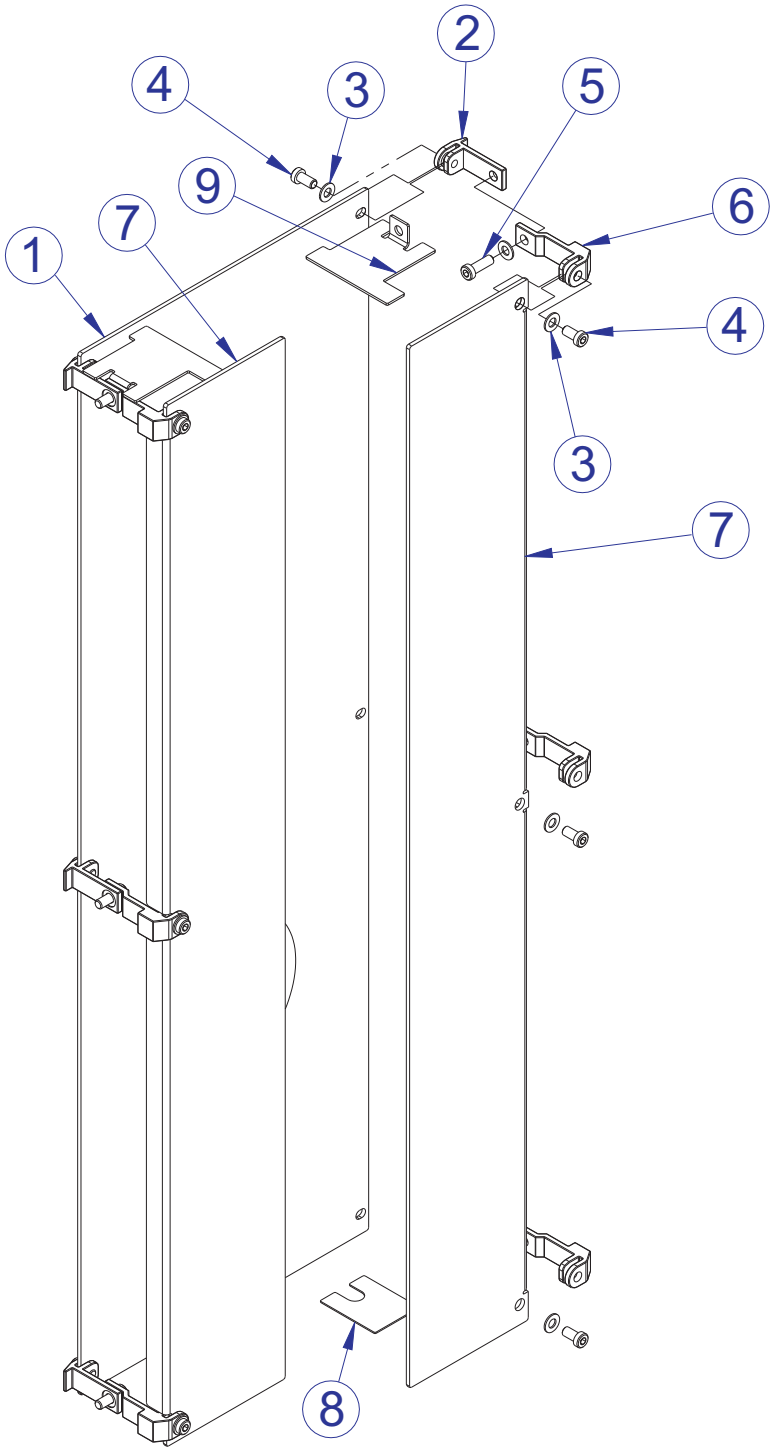
ITEM NO	QTY	PART NO	DESCRIPTION
1	2	7446501	ASSY, 5LB INCREMENT WEIGHT
2	1	8002601	PLATE, INCR. WT STRIKER
3	2	3236202	SCREW, M10 X1.5 25MM
4	2	3236801	NUT, M10 HEX NYLOCK SS
5	2	7767601	BUMPER, PS INCREMENT WT
6	2	3237401	PLUG, 7/16" HOLE

PSABCSE ABDOMINAL CRUNCH
REAR SHROUD KIT - 7415201



ITEM NO.	QTY.	PART NO.	DESCRIPTION
1	1	7376801	SHIELD, PS REAR
2	6	7655301	BRACKET, PS REAR SHIELD
3	12	3236601	WASHER, 3/8 SAE SS
4	12	3236201	SCREW, M10 X1.5 20MM

PSABCSE ABDOMINAL CRUNCH
OPTIONAL FULL SHROUD KIT - 7539601



SEE PAGE 11 FOR LEGEND

PSABCSE ABDOMINAL CRUNCH
OPTIONAL FULL SHROUD KIT LEGEND

ITEM NO.	QTY.	PART NO.	DESCRIPTION
1	1	7376801	SHIELD, PS REAR
2	6	7655301	BRACKET, PS REAR SHIELD
3	18	3236601	WASHER, 3/8 SAE SS
4	12	3236201	SCREW, M10 X1.5 20MM
5	6	3236203	SCREW, M10 X1.5 30MM
6	6	7376601	BRACKET, PS FRONT SHIELD
7	2	7376901	SHIELD, PS - FRONT
8	2	7570901	PLATE, PS SHIELD STAND-OFF
9	2	7657401	PLATE, PRO2 SHROUD SPCR

PSABCSE ABDOMINAL CRUNCH IMAGE